

Neuro-Epigenetic Scientific Meditation (NESM)TM

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Hi! I am Linda Brown. I am an account manager. Today I am excited to talk about a new meditation technique called NESM developed by Dr. Amit Ray and Banani Ray. The full form of NESMTM technique is Neuro-Epigenetic Scientific Meditation. Recently I participated in a scientific meditation workshop by Banani Ray and Dr. Amit Ray. I'm into this practice for only a couple of months or so, and You know what? I'm already feeling much light-hearted and focussed on my job.

Before attending the workshop, I was just curious how exactly does meditating affect your body? From a scientific perspective, does it really do anything? When it comes to meditation it all starts in our brain. NESM technique draws inspiration and insight from the current study on neuro-plasticity of human brain, apart from other cutting edge scientific studies and research on meditation, neuroscience, genetics and well being... Pretty cool, right?

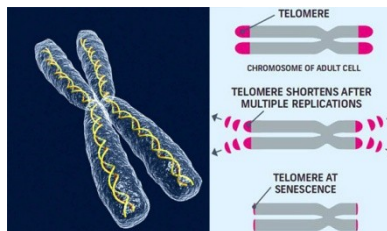
NESM technique is the outcome of more than twenty five years of exploration of meditation by Banani Ray and Dr. Amit Ray. The characteristic of this technique is neural regeneration and genetic behaviour optimization which facilitates brain development, overall health and balanced coherence between head hand and heart. Coherence is required in all these three areas, you know, for a human being to operate efficiently, rationally, and with emotional stability.

You know, recent studies on neuroscience says that you are literally reforming your brain every passing day. It was once believed that your brain was static, except during some critical developmental periods. This old theory thought our ability to generate new pathways dropped off sharply around the age of 20, and then became permanently fixed around the age of 40. But today, we know this isn't true. Our brain has the amazing ability to reorganize itself by forming new connections between brain cells (neurons), to reorganize new pathways, and, in some cases, even create new neurons throughout our entire lifetime.

Neuro-Epigenetic Scientific Meditation takes care of our brain in the sense of growing positive change.

In the same way the notion about the DNA of our cells has gone through a radical shift in the recent years. Previously we used to think that our DNA do not change—in other words, we’re stuck with what we’re born with. This has been disproven by researchers like Bruce Lipton, who have introduced an entirely new branch of biological science called epigenetics. Your DNA changes continuously based on your thoughts, experiences, emotions, and environment. The point is, you have much more control over your body, mind, and brain than you might think. If you can mold and shape your brain, you are not entirely at the mercy of your genetics or the neural pathways you brought into this world or formed in your childhood; —and this is really great news!

Although until now, mankind still cannot stop the aging of humans; scientists have uncovered a major cause of human aging secret known as: “telomere.” It was revealed that its length and the length of life are closely related. It wasn’t until we fully understood the function of telomeres and aging that scientists were able to see a clear picture of meditation’s benefits. A multitude of studies have begun to demonstrate how meditation can help lengthen telomeres and slow the rate of cellular aging.



Here comes the importance of a technique like NESM developed by Banani Ray and Dr. Amit Ray, who in their own rights are great masters of meditation apart from being scientists and experts on the subject. Their technique can deliver us the exact scientific benefits we are looking for through a well devised meditation technique that has all the advantages of being time-tested, and is based on their personal experience of thousands of hours of meditation.

Neuro-Epigenetic Scientific Meditation can induce growth in the gray matter and, also create epigenetic advantage for your benefit. It also literally changes your brain waves and we can measure these frequencies. It generates higher levels of alpha, which have been shown to reduce feelings of negative mood, like tension, sadness and anger, and if that wasn't enough, it also physically changes our heart rates, and reduces blood pressure. Moreover, NESM includes techniques that has been shown to reverse cellular aging by lowering oxidative stress, which in turn increases longevity. It has a powerful impact on DNA and has even been suggested to increase telomere length, allowing for a positive shift in genetic expression.

NESM technique has three levels. The workshop I attended taught NESM Level - 1, which is the basic version of the technique. NESM level 1 constitutes of some powerful breathing exercises , somatic awareness and psychological techniques that really changes the way you feel, think and act, and that too, within a short frame of time.